

The Independence

Unsung Heroes



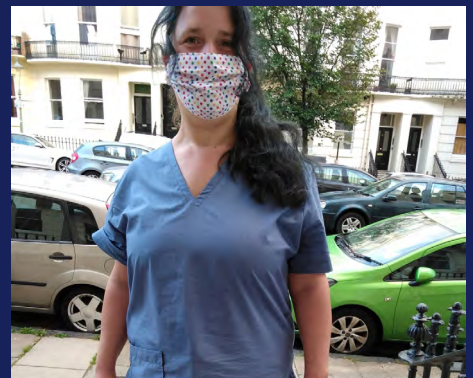
**NOT ALL HEROES WEAR CAPES
MANY WEAR SCRUBS**

Possibility
People
at home



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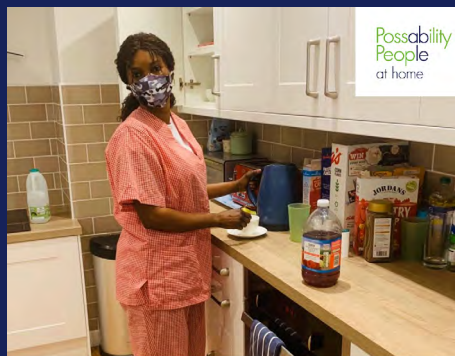
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Leaving a lasting gift to Possability People

If you are thinking about making a will, Possability People has teamed up with Bequeathed, who offer free will writing and valuable advice.

Their simple and convenient service allows you to make the right will for you in the way that best suits you – online, face to face or over the phone. Simply visit www.bequeathed.org.uk and follow the steps to create a will online.

Charity number: 1114435; company number: 05706441

Heroes



Possability People: At Home has continued to provide its bespoke care and support service to people at home.

From April until August, our PAs have provided 7,090 hours of care to 30 clients.

They have used 1,100 masks, 780 aprons, 10,380 gloves, 120 shoe covers, 40 pairs of goggles.

And they have cherished their 'For the Love of Scrubs' scrubs, generously donated, which have helped to keep them safe.

We have offices in Brighton and Hove and East Sussex, and work with people across both areas. If you, or someone you know, could do with some help at home, the team will be pleased to hear from you.

Contact Possability People: at home, by telephone on 01273 89 40 70. Or if you prefer, you can email support@possabilitypeople.org.uk to find out more.

Our PAs are unsung heroes of the Covid-19 crisis.

News

Keep an eye on our Covid-19 web pages for updates about our service, as well important information to help keep you safe and feeling well.

www.possabilitypeople.org.uk/coronavirus/



Shopmobility is go!

Shopmobility, our friendly mobility scooter and wheelchair hire service, reopened in July 2020 in line with non-essential retail.

It's brilliant to be able to support disabled people again to visit the shops and get out and about and enjoy the good weather we've been having.

To protect our volunteers and customers we're offering a safe and contactless service, open on Wednesdays and Thursdays only. We can also offer delivery and collection for overnight hires on other days.

The safety of our customers is our top priority and we are asking all customers to book at least one day ahead to give us time to clean and prepare the equipment. You can find out more at www.possabilitypeople.org.uk/shopmobility or call us on 01273 32 32 39; phone lines are open Monday to Friday, 10am to 4pm.

Accessible venue ready to hire again

Possability Place is our fully accessible venue for hire in the Seven Dials area of Brighton.

Following government advice, we have recently reopened to offer groups and organisations in Brighton somewhere safe and accessible to meet.

Possability Place is very well ventilated, has its own entrance, and can be set up to allow contactless entry for group participants.

The space benefits from lots of natural daylight and a relaxing, calm atmosphere. There is a smartboard, wifi, hearing loop, and as well as being full accessible the space can be adapted for various activities.

The site is Covid-secure and a full risk assessment is available, as well as advice for hirers on how best to organise their groups and meetings to keep everyone safe.

Please email rooms@possabilitypeople.org.uk or call 01273 89 40 40 for more information or to make a booking.

We've been in the news

Possability People has been in the news recently, commenting on the impact on disabled people of the temporary cycle lanes in the city.

Striking a balance between encouraging as many people as possible to use alternatives to private cars whilst enabling disabled people who rely on them, is not an easy task. We are keen to support BHCC in finding a solution.

In the meantime, if you have any concerns or questions about the new cycling and walking initiatives in the city, please email us on hello@possabilitypeople.org.uk

Kingston Maurward College
Full time courses in Construction, Floral Design, Sport & Fitness, Landscaping & Horticulture and many more!

But The Argus can now reveal that disabled groups were not consulted until July 14 – when they were sent an email from council officers.

Geraldine Desmoulines, chief executive of Possability People – the largest organisation representing disabled people in the city – said: “The council should be actively consulting, so the fact they did that after the event is unacceptable.

“Even so, an email is not consultation.

“This is a duty that they are not following and it is so incredibly frustrating.”

Disabled groups are furious at the implementation of the schemes across the city – citing “lethal” disabled bays on the seafront and a situation where Blue Badge holders have to ask to go to the toilet in Madeira Drive.

Safe At Home

New from Possability People's Get Involved Group...

VIRTUAL SUPPORT Possability People

for disabled people and people living with long term health conditions in Crawley and Horsham.

REGULAR SOCIALS BY ZOOM (OR DIAL IN)

MONTHLY NEWSLETTER

FACEBOOK GROUP

QUIZZES

Find out more: email.gig@possabilitypeople.org.uk

Safe At Home is a new service from Possability People's Get Involved Group. It will support disabled people and people living with long term health conditions in Crawley, Horsham and mid-Sussex, so they feel less isolated, particularly during Covid-19.

The Safe At Home team will make regular social calls, via the phone or zoom. These will include regular telephone calls to people, whether for a simple, friendly chat or to talk over more specific issues someone has. The service will be able to sign post on to appropriate local services.

A Facebook group and monthly newsletter will also help to keep people in touch with others, even if Covid-19 makes going out more challenging.

If you live in the Crawley, Horsham or mid-Sussex areas and would like to get involved (or know someone who might), please contact or Get Involved Group team by phone on 01273 699077 or email them on gig@possabilitypeople.org.uk.

10 Days of 10 Things



Oliver's Story

Oliver is 60 and has dementia. His short-term memory is poor, as is his concentration. He also has dizzy spells a few times a week, which can happen as many as six times a day, lasting from 10 minutes to half an hour.

In 2006, when his dementia was first diagnosed after a traumatic injury, his consultant neurologist said his condition was never going to improve and his medical care was handed back to his GP.

Earlier this year, Oliver applied for Personal Independence Payment (PIP). He was awarded a standard rate to cover his daily living costs, but he was awarded nothing to help him with the support he needs to go out and get around. He can't walk 50 metres and

needs assistance on all his journeys. He felt their decision didn't properly reflect his circumstances, so he asked the Department for Work and Pensions to reconsider their decision.

In May this year, he contacted Possability People to help him pursue his claim. One of our advisors reviewed his medical evidence and his personal account, and submitted an appeal to a tribunal, citing the neurologist's report.

Oliver's appeal was successful, and he was subsequently offered the enhanced rates of both the daily living and the mobility elements of PIP.

Possability People support hundreds of 'Olivers' every year, befriending them during

times of crisis. This can make a huge financial difference to disabled people and people living with long term conditions – for Oliver, his weekly allowance went from less than £60 to just over £150 – but it also provides moral support when people feel they have nowhere else to turn.

Oliver said: "The extra money means I can afford to go out to do my errands, shopping and get some fresh air with someone to make sure I'm ok. Every day things we take for granted until we can no longer do them. "Possability People were brilliant because they like a good friend when I needed them. They took time to listen to me and were respectful and kind and made me feel better when I really needed it. They are wonderful".



This year, because Covid-19 means a socially distanced sponsored walk would be difficult to organise and not much fun, we are doing something different!

10 days before and 10 days after, our team will be doing 10 different activities which we hope you will support. Because it's a virtual challenge, we're aiming to get 10 people involved.

What are we doing?

Activities ranging from an awful lot of tea drinking; an art auction, more dances being danced than is reasonable, a small, very cute dog and its person running 10 miles, poetry writing and reciting and even a song recorded in a wardrobe are some of the virtual events taking place this year. If you can do anything to support this merry bunch, they would be very pleased.

What can you do?

Go over to our special fundraising page at <https://uk.virginmoneygiving.com/PossabilityPeople> or download the fundraising pack from our website.

Ensuring disabled people can live independently, with dignity and without prejudice.

Possability People is a charity which supports disabled people and people with long term health conditions to live independently.

Started in 1981, it runs a range of projects and services in Brighton and Hove, East and West Sussex, and more recently in Surrey. It is the only charity in Brighton and Hove that supports people with a range of impairments and health conditions (sometimes described as 'pan impairment'). Not only does it support people practically, through a diverse range of projects and services, it also works to make positive changes in local and national policy, so disabled people can live their lives independently, with dignity and without prejudice.

- £25 enables us to provide two hours of training for a disabled volunteer to support our finance team and gain valuable work experience.
- £5 enables a volunteer to travel to their volunteering role for that week.
- £30 enables a disabled person to have a two hour appointment with a specialist adviser who can support them to make a claim for Personal Independence Payment.

"Possability People has let me see a future – my life is better, and I have hope. I will work and be well in work."

If you need this publication in an alternative format and/or language, please contact us to discuss your needs.

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Donate www.possabilitypeople.org.uk/donate

